

EMWLUA COMMON RULES CARD FOR MASS BAY, SOUTH SHORE & FOUNDERS GIRLS LACROSSE LEAGUES

	1/2 Grade (U9)	3/4 Grade (U11)	5/6 Grade (U13)	7/8 Grade (U15)	5/6 Select (U13)	7/8 Select (U15)
Field Size & Goals	60-70 yards x 35-45 yards. No 8-meter and 12-meter markings. Goals: 4'x4' or 6'x6'.	60-70 yards x 35-45 yards. No 8-meter and 12-meter markings. Goals: 4'x4' or 6'x6'.	Regulation full field. Goals: 6'x6'.			
Equipment	No limit on pocket depth. Boy's sticks allowed. Approved eye protection and mouth guards required.	Modified girls pocket allowed: no more than half of the ball below the sidewall. Boy's sticks NOT allowed. Approved eye protection and mouth guards required. US Lacrosse regulation goalie equipment.	Approved eye protection and mouth guards required. US Lacrosse regulation goalie equipment.			
Players	7v7 (goalie optional).	8v8 (7 and a goalie).	12v12 (11 and a goalie).			
Coaches on Field	1 per team allowed on field	No coaches allowed on field.				
Coaches on Sideline	No more than 3 coaches per team on sidelines.					
Game Duration	Two 25-minute running time halves; 10-minute halftime. Optionally may play 20-minute halves for 1/2 & 3/4 grade games if coaches mutually agree.					
Checking	No checking.			Modified checking.		Full checking only with 2 Adult umpires; otherwise modified checking.
Required Passes	3 passes. See note below.		No pass requirement			
Restart	Center draw after each goal. When a shot is blocked by the shot blocker and ends up in the crease, a defender enters the crease and continues play.	Center draw after each goal.				
Retraining Line	2 players remain behind midfield.	3 players (including goalie) remain behind midfield.	4 players (5 including goalie) remain behind restraining line.			
Substitution	After a goal, on the fly, or on stoppage of play.		After a goal or on the fly.			
Ground Balls/Kicking	Kicking allowed (* Mass Bay League Exception: kicking only allowed for 5/6 & 7/8 select league play).					
Covering	No covering if defender is within playing distance.					
1v1 Defense	Yes. Double team ok; triple team is not.		Not required.			
Self Start	No self-start.		Self-start allowed. For a foul outside the critical scoring area, the player who is awarded the ball, after coming to a stop/settled stance, may continue playing without waiting for an additional whistle.			
Offensive 3-Seconds	Yes. See note below.					
Timeouts	None.		1 per half; not during the last 2 minutes of the game.			
Goalie Deputy	NA (no goalies)	Goalie Deputy is not allowed.				

2-7-19

NOTES:

- Offensive 3 seconds: Holding the ball for more than 3 seconds when closely guarded/marked and the defense has both hands on her stick and is in position to legally check were checking allowed (i.e. modified or full checking rules) results in a change of possession.
- 3 Pass Rule: The pass count resets with the change of possession, including when the goalie makes a save and retains control of the ball. Umpires are responsible for counting passes.